

Educator's Guide

Topic 4: Energize!



Session 1 **RECHARGE to Energize**

Riddle Time

- Ask students to guess how they are like a handheld game, remote-controlled toy car, and a computer. (You must RECHARGE to get energy!)

RECHARGE

- Lead a class discussion about how students look and feel when their energy is low.
- Follow with discussion about how students look and feel when they have all the energy they need
- Tell students they need energy to be active!

Your Energy

- Students observe others to see who has energy.
- Next, they turn their attention to themselves and record their energy at different times during the day by coloring in batteries on the *Session 1: My Energy* handout.
- Students will add illustrations to the energy check during Session 2.

Session 2 **Energy Influences Choices**

Show Your Energy!

- Students show their energy level by either sitting on the floor (low) standing (in the middle), or standing with hands in the air (fully recharged).
- First, students show what their energy level was after school the previous day, then they show their energy from the night before. Conclude by asking students to show their current energy level.

Energy Influences Choices

- Explain that energy influences the choices you make each day.
- Invite students to talk about a time when their energy influenced a choice.

Your Energy

- Look back at the *Session 1: My Energy* handout. Ask students to write or draw what they were doing when they checked their energy after Session 1.

Session 3 **Sleep to Restore Your Energy**

How Much Sleep?

- Ask students to predict the amount of sleep different animals need to RECHARGE their energy?
 - A giraffe only sleeps about 2 hours.
 - A nine-year old child needs 10-11 hours.
 - Rabbits sleep 11-12 hours.
 - A brown bat sleeps nearly 20 hours.

Why Sleep?

- Highlight the key points about sleep:
 - Your body and brain need 10-11 hours of sleep every night to restore energy and make healthy choices.
 - Sleep gives you energy to play and have fun.
 - Sleep helps you recall what you have learned.
 - Sleep helps your body and brain grow.

Good Night!

- Calculate the time students need to go to bed to get the 10-11 hours of sleep they need.
- For those students who find falling asleep difficult, practice the "I Can't Sleep" activity. Encourage students to try the same activity at home when they need help falling asleep.

Session 4 **Refresh Energy During the Day**

Got Energy?

- People are not the only ones who need to refresh their energy from time to time.
- Help your students match the object with the best refresh choice.

Relax!

- Explain that your body needs to relax for short periods of time to RECHARGE during the day.
- Examples of ways to relax include quiet activities such as stretching, reading, listening to music, drawing, or walking.
- Screen time is not relaxation. It stimulates brain activity rather than recharging energy.

Refresh Your Energy

- Students plan ways they will relax to refresh their energy by making a take-a-break basket.
- Students name things they can use for quiet time such as art supplies, writing materials, board games, playing cards, books, music, and/or puzzles. They may list or draw items using the *Session 4: Take a Break Handout*.

Session 5 **Choose to RECHARGE**

Rest and Relax

- Select the video: "*The Best Ways to Recharge and Relax*" (1:17 min).
- Watch and listen for examples and key ideas:
 - Quiet activities to refresh their energy.
 - How many hours of sleep they need every night to fully restore their energy.

Get Some Energy

- Here's how to do a breathing exercise:
 1. Sit up tall or lie on floor.
 2. Inhale slowly through your nose, count to 4.
 3. Exhale slowly through your mouth, count to 8.
 4. Repeat 5-10 times.
 5. Stand up and stretch to ceiling, then to floor.
- Smile! You now know another way to RECHARGE!

RECHARGE Your Energy

- Students use the *Session 5: RECHARGE Your Energy* handout to make a healthy choices plan for weekend days. They are to show three different ways in which they will RECHARGE.
- Remind students that RECHARGE, along with MOOD, influences healthy FOOD and MOVE choices.

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Prior Knowledge: RECHARGE is all about your energy. RECHARGE is a key influencer of healthy choices.

fit presents different ways to RECHARGE your energy:

1. Sleep to restore energy - 10-11 hours each night.
2. Relax to refresh energy - plan for quiet time during the day.

Objectives: Students will be able to:

- Define *RECHARGE* as “to sleep or relax to get energy.”
- Recall that children need 10-11 hours of sleep each night.
- Describe healthy ways to relax during the day to refresh energy.



Checks for Understanding and Readiness to Make Healthy Choices

- Session 1:** _____ to get energy (*RECHARGE*)
- Session 2:** Your _____ influences your healthy choices. (*energy*)
- Session 3:** How many hours of sleep do you need get a full RECHARGE? (*10-11 hours each night.*)
- Session 4:** Take time to _____ during the day to refresh energy. (*relax*)
- Session 5:** _____ so you have enough energy to make *fit* choices! (*RECHARGE*)

Health Education Standards

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Alignment

ELA/Literacy	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
Speaking and Listening	SL.K.1 SL.K.2 SL.K.3 SL.K.4 SL.K.5 SL.K.6	SL.1.1 SL.1.2 SL.1.3 SL.1.4 SL.1.5 SL.1.6	SL.2.1 SL.2.2 SL.2.3 SL.2.4 SL.2.5 SL.2.6	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6
Informational Text	RI.K.1 RI.K.2 RI.K.3 RI.K.4 RI.K.7 RI.K.8 RI.K.9	RI.1.1 RI.1.2 RI.1.3 RI.1.4 RI.1.6 RI.1.7 RI.1.8 RI.1.9	RI.2.1 RI.2.3 RI.2.4 RI.2.6 RI.2.7 RI.2.8 RI.2.9	RI.3.1 RI.3.2 RI.3. RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9	RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8 RI.4.9	RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8 RI.5.9	
Literature	RL.K.1 RL.K.2 RL.K.3 RL.K.4 RL.K.7 RL.K.9	RL.1.1 RL.1.2 RL.1.3 RL.1.4 RL.1.7 RL.1.9	RL.2.1 RL.2.3 RL.2.7	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RL.4.3 RL.4.9	RL.5.1	

Student Materials

Sessions 1 and 2

Session 4

Session 5

fit Tip: RECHARGE Your Energy! Set an alarm to remind you of what time you need to go to bed to get 10-11 hours of sleep each night.

Family Message: Your child is learning about an important element of their growth and development and a key influencer of healthy choices: RECHARGE!

RECHARGE is all about getting energy. In addition to sleeping 10-11 hours each night, children need to take time to relax to refresh their energy during the day. You can learn more about the benefits of RECHARGE from *Raising fit Kids* at webmd.com/parenting/raising-fit-kids.

Related fit Links:

fit Juniors, Grades K-2

Articles and Activities:

- “I Can’t Fall Asleep”
- “Take a Break Basket”

Printable Activities:

- “Help the *fit* Friends Relax”
- “I Went to Bed Chart”
- “My *fit* RECHARGE Book”

Song:

- “To Be Your Best You Need Your Rest”

fit Kids, Grades 3-6

Online Games:

- “What is your energy horoscope?”

Articles and Activities:

- “*fit* Kids RECHARGE Handbook”
- “Guide to Sleep”
- “How do rest and relaxation tie in with being *fit*?”
- “Are TV and Video Games that bad?”